



*The requirements for a military commission include medical standards of fitness.*

# APPENDIX A

## Physical and Security Requirements for Admission to the F. Edward Hébert School of Medicine

### Section I: Physical Standards

The requirements for a military commission include medical standards of fitness. These requirements are contained in the Department of Defense Directive 6130.3 (December 2000) and will be used by the Department of Defense Medical Examination Review Board (DODMERB)—the agency responsible for scheduling and evaluating your physical examination. This scrutiny is necessary to ensure that you do not have a physical or mental condition that would preclude or be aggravated by your participation in the academic and military duties you will encounter during your years at the USUHS or be an impediment to shipboard or field duty after graduation.

Major medical considerations are summarized here so that you and your physician and dentist can anticipate whether you meet the basic requirements for admission to the USUHS. **This is NOT a comprehensive listing of all disqualifying conditions, but rather a brief and general guide for your convenience.**

Your medical history will be reviewed for information on illnesses, injuries, surgical procedures, congenital or familial diseases or other factors that could affect your physical status now or in the future. You may be asked to provide additional reports and/or records from your physician or hospitals.

If you have remediable medical or dental conditions which you planned on having corrected in the near future, have them completed prior to your DODMERB examination. Do not, however, undergo any elective or expensive procedure for the sole purpose of correcting a potentially disqualifying defect without discussion with the USUHS Admissions Office to see if you are a competitive applicant.

## **WAIVERS**

Some medical requirements can be waived for applicants who are otherwise highly qualified. If you are notified by DODMERB that you have a disqualifying defect but you would like us to consider your application further, you may request a waiver of the disqualifying defect by writing to the Admissions Office. If your records indicate that you are a competitive applicant, the Admissions Office will request DODMERB to prepare a waiver request package. You may be asked by DODMERB to provide amplifying information on the condition in question or to submit a more comprehensive evaluation by a medical specialist. If DODMERB is unable to make a determination, your entire medical record may then be forwarded to the various military services' waiver authorities for an independent review and recommendation. That recommendation will then be forwarded to the Assistant Secretary of Defense (Health Affairs) for granting or rejection of the waiver. Staff members in the Admissions Office, as always, are available to assist you with administrative processing of your physical examination (and waiver process, if necessary).

## **Height and Weight Standards**

Standards of weight according to height are shown in Tables 2-1 and 2-2. Minimum and maximum height for men and women, measured to the nearest quarter inch without shoes, is 60-80 and 58-80 inches, respectively. Applicants exceeding the maximum allowable weight will be qualified or disqualified based upon their percentage of body fat, which will be calculated in accordance with current Army regulation. Upon graduation, you must meet service-specific weight/body fat standards.

## **DISQUALIFYING MEDICAL CONDITIONS**

### **Eyes and Vision**

If you wear glasses or contact lenses bring them to your examination. Soft contact lenses should be out for three days prior to your examination. Hard contact lenses or gas permeable lenses should not be worn for 21 days prior to your examination.

**TABLE II**  
**Height and Weight Standards According to Age, Gender, and Service**  
**for Admission to USUHS**

<b>Males - Age 21-27</b>				
Height in Inches	Minimum Weight Regardless of Age	Maximum Weight		
		U.S. Army	U.S. Navy	U.S. Air Force
58	98	-	-	-
59	99	-	-	-
60	100	136	-	153
61	102	140	161	155
62	103	144	164	158
63	104	149	167	160
64	105	154	170	164
65	106	159	174	169
66	107	163	178	174
67	111	169	181	179
68	115	174	185	184
69	119	179	188	189
70	123	185	192	194
71	127	189	196	199
72	131	195	200	205
73	135	200	205	211
74	139	206	210	218
75	143	212	215	224
76	147	217	-	230
77	151	223	-	236
78	153	229	-	242
79	157	235	-	248
80	161	240	-	254

  

<b>Females - Age 21-27</b>				
Height in Inches	Minimum Weight Regardless of Age	Maximum Weight		
		U.S. Army	U.S. Navy	U.S. Air Force
58	88	112	139	126
59	90	116	141	128
60	92	120	144	130
61	95	124	147	132
62	97	129	151	134
63	100	133	155	136
64	103	137	160	139
65	106	141	164	144
66	108	146	168	148
67	111	149	172	152
68	114	154	176	156
69	117	158	179	161
70	119	163	183	165
71	122	167	187	169
72	125	172	-	172
73	128	177	-	179
74	130	183	-	185
75	133	188	-	190
76	136	194	-	196
77	139	199	-	201
78	141	204	-	206
79	144	209	-	-
80	147	214	-	-

## **Distant Visual Acuity**

Distant visual acuity must be correctable to 20/20 in both eyes.

## **Near Visual Acuity**

Near visual acuity must be correctable to at least 20/40 (J-6) in the other eye.

## **Refractive Error**

For refractive error, the spherical equivalent must be less than  $\pm 8.00$  diopters in each eye; astigmatism greater than 3.00 diopters requires evaluation for keratoconus. Disqualifying are:

- Radial keratotomy, photo refractive keratotomy, orthokeratology or any other surgical procedure to correct myopia
- Keratoconous

## **Ears and Hearing**

Hearing acuity will be determined by audiometric testing on machines calibrated for ISO or ANSI and an average level of hearing loss greater than 30 db or loss greater than 35 db in any one frequency in the 500, 1000, or 2000 Hz frequencies or loss greater than 45db in the 3000 Hz or loss greater than 55 db in the 4000 Hz frequency will be cause for disqualification, regardless of cause. The following are also disqualifying:

- A history of middle ear surgery (excluding myringotomy).
- Abnormalities of the external or internal ear, unless minor.
- Any acute or chronic disease of the external, middle, or internal ear.
- Current use of any hearing aids.
- Perforated eardrum within 120 days of physical examination or unresolved perforation, including current tubes or myringotomy.

## **Respiratory System and Allergies**

History of asthma, recurrent asthmatic bronchitis, exercise-induced bronchospasm or reactive airway disease by any other name is disqualifying. Additional evaluation will be necessary to be considered for a waiver.

Symptomatic nasal polyps, severe hay fever, tuberculosis (active within two years), nasal septal deviation, hypertrophic rhinitis, and other conditions which cause significant reduction of air flow through either nasal passage or that interfere with drainage of any sinus are cause for rejection.

Allergy immunotherapy (including treatment for hymenoptera sensitivity, unless established at monthly maintenance levels) within a year of examination is disqualifying.

## **Nervous System**

- Degenerative disorders such as multiple sclerosis and encephalomyelitis.
- Peripheral nerve disorder.
- Residuals of trauma.
- Paroxysmal convulsive disorders.
- Any abnormality of the central nervous system.
- Epilepsy
- Any chronic pain syndrome.
- Any history of recurrent severe headaches or migraines within the past three years.

## **Musculoskeletal Systems**

The following are disqualifying:

- Non-union fracture
- History of surgery to a major joint within six months
- History of derangement of any major joint not corrected by surgery or evidence of instability subsequent to surgery
- Anterior cruciate/posterior cruciate ligament with or without repair (comprehensive evaluation required if repaired at least 10 months prior to DODMERB examination)
- Retained orthopedic fixation devices (may be evaluated on a case-by-case basis if no longer essential to the structural/functional integrity of the repair)
- Arthritis
- Significant scoliosis, lordosis or kyphosis
- Symptomatic structural abnormalities of the spinal column, spinal fusion
- Herniated nucleus pulposus or history of surgery for this.

## **Genitourinary System**

Cause for disqualification are diabetes insipidus, persistent hematuria or albuminuria, glycosuria, absence of kidney, horseshoe kidney, diseases of the kidneys, atrophy or absence of both testicles, undescended testicle unless surgically treated, or active genital herpes (symptomatic).

## Gastrointestinal System

History of peptic ulcer, gall bladder disease, Crohn's disease (regional enteritis), ulcerative colitis, or any other inflammatory bowel disease even though controlled with diet and/or medication are cause for rejection.

## Neuropsychiatric Disorders

Seizure disorders (except childhood febrile convulsions), degenerative conditions, and vascular or other kinds of recurrent or severe headaches are disqualifying.

History of psychosis or affective illness, personality disorder, eating disorders (i.e., anorexia or bulimia), learning disorders (i.e., attention deficit disorder with or without hyperactivity), and current use of medication is disqualifying. Current use of any psychotropic or psychoactive drug for any reason is disqualifying.

## Skin

- Eczema of long standing, not well-controlled chronic impetigo, carbuncles; acne of the face or neck, which is so severe as to be unsightly, any history of psoriasis.
- Use of accutane until 8 weeks after completion of acne therapy.
- Pilondial cyst or sinus if evidenced by readily palpable tumor masses, a history of inflammation or of pureulent discharge, or inadequate surgical correction or unhealed condition resulting in recurring symptoms.

## Other Disqualifying Conditions

- Hernias (including abdominal wall) until repaired
- Splenectomy except for trauma, anemia, abnormal bleeding states
- Diabetes mellitus
- Sickel Cell disease (Sickel Cell trait is **not** disqualifying)
- Any active communicable disease
- Any severe, generalized anaphylactic reaction to stinging insect venom
- History of malignant hyperthermia
- Allergy to common foods requiring special dietary considerations
- History of drug abuse or alcohol dependence

Subsequent to commissioning and arrival at the officer basic course (OBC), unconditional acceptees will need to take and pass a test for HIV, blood alcohol, and urine. Those individuals (active and prior service officers) not attending the officer basic course will complete their testing upon arrival at the USUHS. A confirmed positive result is disqualifying without the possibility of a waiver.

Significant speech impediments, persistent sleepwalking episodes, and severe motion sickness susceptibility will be evaluated on an individual basis by each service waiver authority.

## **Dental Standards**

Missing teeth causing reduced masticatory (chewing) or incisal (biting) efficiency must have been replaced by well designed bridges, partial dentures, or implants in good condition; active orthodontic treatment must be completed prior to matriculation.

Additional conditions that are cause for rejection include the following: chronic disease of the oral cavity soft tissue; marked malocclusion that will require extensive treatment (including orthognathic surgery) or will, in some other way jeopardize dental health; severe apical or periodontal disease; incomplete or unsatisfactory harelip/cleft palate repairs; tumors or cysts of the oral tissues that can reasonably be expected to require more than simple, surgical excision in the future.

## **Miscellania**

Neither this bulletin nor the Department of Defense Directive (Accession Standards) contains **all** disqualifying conditions. Neither are all the conditions listed in these two sources as disqualifying **always** permanently disqualifying. After evaluation by a senior military physician, waivers may be possible if the condition is not so severe as to interfere with your daily participation in rigorous physical training or the wearing of military equipment or detract from a smart military bearing and appearance. USUHS graduates must be able to perform their professional medical and military duties without functional limitations in both a field environment and aboard ship. The USUHS produces military physicians, not just physicians who happen to wear a military uniform. Physical fitness and ability to function without professional, military, or geographic restrictions are essential.

# **Section II: National Security Requirements**

All applicants who accept an invitation to interview at the School of Medicine will begin procedures for the security investigation required for entrance to the School. This is a requirement for all commissioned officers entering into the uniformed services, and it is done to ensure that acceptance into the uniformed services is not detrimental to the interests of national security. Individuals who enter the School and then fail to meet the standards will be disenrolled.

Although the security standards may appear to be quite rigorous, applicants should not be unduly intimidated by them. In practice, it has been found that



only in rare cases have the standards presented an obstacle for individuals who would otherwise qualify for the School of Medicine.

Applicants who are scheduled to interview will receive a packet from the Security Division, which will include a security questionnaire and two finger-print cards. The applicant must complete the forms and bring them on Interview Day. Active duty service members who have current security clearances will be asked to provide verification.

When an applicant receives an unconditional offer, he or she will be sent a copy of their completed security questionnaire and a disk with the electronic version of the Security Questionnaire (EPSQ) to complete and mail back to the Security Division. The disk will be downloaded and sent electronically to the Defense Investigation Services (DIS) to begin the investigation.

A potential student who fails or refuses to complete the security questionnaire in its entirety, intentionally fails or refuses to sign it, makes entries on it that provide reason or belief that his or her acceptance might not be in the best interest of national security, or otherwise fails or refuses to answer any pertinent questions in the course of the official investigation will be denied admission to the School.

